

ABSTRACT

A twist exerciser includes a platform rotatably supported on a base, and one or more rotary members rotatably supported in the platform to selectively support feet of users, and to allow the feet of
5 the users to be rotated relative to the platform when the platform is rotated relative to the base. The rotary member may be rotatably supported on a seat of the platform with a pivot pin, and the platform may include a cover having one or more openings to receive the rotary members. One or more belts may apply a resistive
10 force against the platform. A handle may be rotatably supported on the base and coupled to the platform.